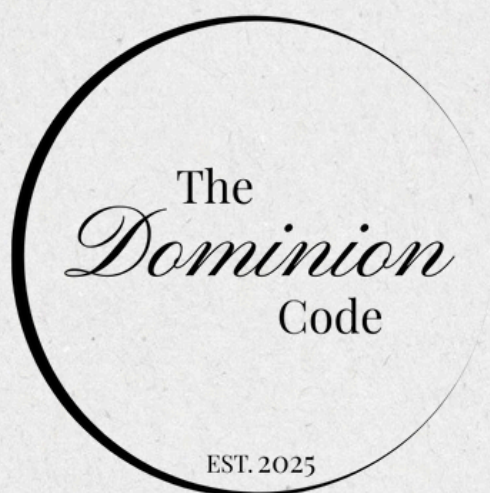




WELCOME!

**Starts Today
Not on a 1st of the month
Not when life slows down.
Today is the day you decide
who you refuse to
be anymore.**





1. Identity

The *Dominion* Code



BEFORE YOU ELEVATE, YOU MUST BE HONEST

Before we dive deep, we start with identity.

Identity is the root, the foundation, the place everything flows from.

But identity requires something most people avoid: radical honesty. If you're not honest about where you are, you'll never get to where you desire to go.

You cannot build confidence on confusion.

You cannot build a new life with an old identity.

Your past is not your prison, it's just the place you came from.

Who you choose to be today determines the confidence you walk in tomorrow.



5 Exercises to Elevate Your Identity

1. The “Radical Honesty Inventory” (10 minutes)

Write down:

Where am I lying to myself?

What habits contradict the woman I say I want to be?

What standards have I lowered that I must pick back up?

Identity shifts begin with truth.

2. The Future Self Letter

Write a letter from your 2026 self who already achieved everything you desire.

Describe:

- How they think
- How they act
- What they tolerate / don't tolerate
- How they carry themselves

Read it every morning.

3. Environment Audit

List the top 5 people, places, and habits you spend the most time with. Circle the ones that reinforce your old identity, and star the ones that support your new identity. Adjust accordingly.



5 Exercises to Elevate Your Identity

4. Replace Self-Talk Script

Write your top 5 negative identity statements.

Replace each with its positive, identity-based version.

Example:

“I’m inconsistent” → “I’m a woman of discipline.”

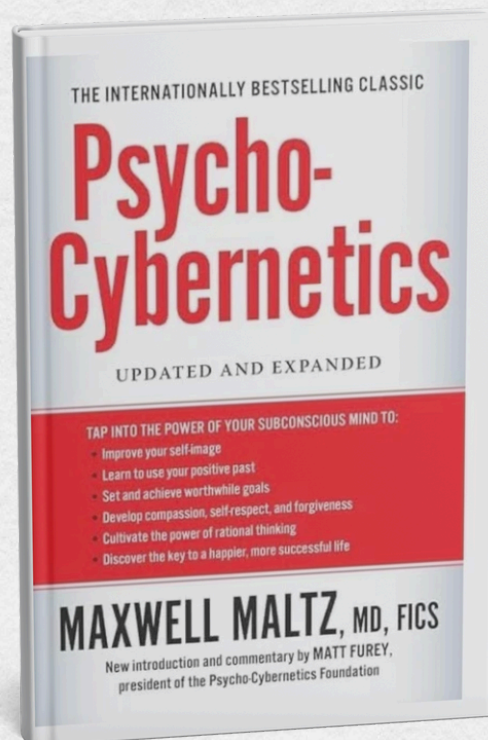
Read aloud twice daily.

5. “Identity Walk” (2 minutes daily)

Walk like the woman/man you are becoming:

Head up. Shoulders back. Chest open. Purposeful pace.

Your nervous system learns identity through posture.





2. BUILDING WEALTH

The
Dominion
Code

 Money responds to mindset before mechanics.

Next is wealth.

Not just money — the relationship you have with it.

Money responds to mindset before mechanics.

You cannot out-earn the woman you believe you are.

When you hear the word ‘money,’ do you feel panic... or possibility?

Do you think bills... or abundance?

Your first reaction exposes your financial blueprint.

But here's the truth:

Scarcity may have been inherited, but abundance must be chosen. Stewardship opens the door. Discipline keeps it open.



5 Exercises to Elevate Your Money Mindset

1. Money Trigger Awareness

Write what you feel when you hear:

“Money”

“Bills”

“Invest”

“Earn”

Label each as: scarcity / neutrality / abundance.

This reveals the root of your money blueprint.

2. Rewrite Your Money Story

Write the story you grew up with around money.

Then write the new story you choose for 2026.

Example:

Old: “Money is hard.”

New: “Money flows to me because I create value.”

3. Wealth Tracking Ritual (5 minutes daily)

Track every dollar that comes in — even \$5.

Why?

What you track grows.

It teaches your brain awareness, gratitude, and stewardship.



5 Exercises to Elevate Your Money Mindset

4. 10x Decision Practice

Ask yourself daily:

“What decision would the wealthy version of me make right now?”

Examples:

- Save vs overspend
- Invest vs delay
- Delegate vs do-it-all

Start acting from your elevated financial identity.

5. “Abundance Expansion” Practice

Every time you pay a bill, say:

“I’m grateful I get to pay this. More is coming back to me multiplied.”

You rewire stress → power.





3. CONFIDENCE & IMPACT

The *Dominion* Code

 Confidence is not a personality trait, it's a pattern.

Confidence isn't built in comfort.

You don't 'become confident'... you build confidence.

And confidence is never built in old patterns.

Walk like the woman you're becoming.

Talk with clarity, not lack.

Act from the future version of you, the one who already arrived.

Your confidence is someone else's permission slip.

Your alignment creates your impact.



5 Exercises to Elevate Confidence

1. The Voice Rewire Exercise

Record yourself speaking a 15-second message.

Listen back and refine:

- Tone
- Speed
- Strength
- Certainty

Confidence is built through repetition.

2. Command Presence Drill

Stand in the mirror and practice:

- Saying your name with authority
- Delivering your story in one sentence
- Making eye contact with yourself

Do this for 2 minutes daily.

3. The “What Would a Confident Me Do?” List

Write down 10 actions a confident version of you takes daily.

Do at least 2 today.



5 Exercises to Elevate Confidence

4. Courage Reps

Every day, do one thing that makes you slightly uncomfortable:

- Make a call
- Promote your business
- Post a video
- Ask someone to the zoom

Confidence grows from discomfort.

5. Energy Before Entry

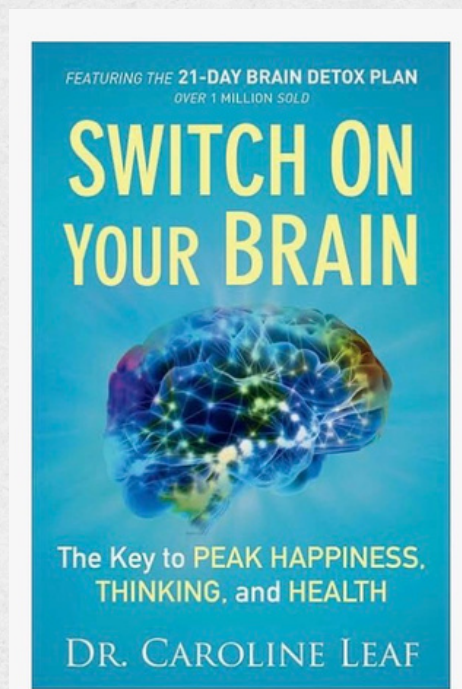
Before walking into a room, meeting, or Zoom:

Pause.

Breathe.

Fix posture.

Say: “I create impact when I enter.” Presence becomes a habit.





4. VISION, DREAMS & FUTURE

The *Dominion* Code



If you can't see it, you can't step into it.

If you can't see the future you want, you'll default to the one you've already lived.

Vision determines direction.

Your dreams should stretch you — if they don't scare you, they're too small.

A vision board isn't decoration; it's a contract with your future self.

You dream with faith.

You build with discipline.

And your 2026 self?

She requires a higher standard now, not later.

Protect your vision.

Not everyone deserves access to what God is building in you.

5 Exercises to Elevate Vision & Direction

1. Future Mapping

Write your life in December 2026 in detail:

- Finances
- Family
- Faith
- Business
- Habits
- Health

Clarity directs behavior.

2. Reverse Engineering

Take your 2026 vision and break it down:

- What must be done in the next 12 months?
- Next 90 days?
- Next 30 days?
- This week?
- Today?

Big dreams require micro steps.

3. Vision Board Ritual

Create a vision board with images that pull your emotions.

Place it where you see it 3 times a day.

This trains your reticular activating system (RAS) to look for opportunity.

5 Exercises to Elevate Vision & Direction

4. Dream Without Limits Exercise

Set a timer for 5 minutes.

Write every dream you have — no editing.

Your deeper vision only comes out when your brain stops filtering.

5. The “No More Small Living” List

Write 5 ways you will stop shrinking:

- Stop apologizing for wanting more
- Stop associating with people who limit your thinking
- Stop living below your potential

Vision expands when limitations fall off





THANK YOU !